

## Curriculum Overview for Physical Education - Year 9

| When?                | What?  | Why?   | How?  | Support   |
|----------------------|--|--|---|---|
| Autumn Half Term - 1 | Sports Leaders<br>Swimming<br>Netball<br>Rugby<br>Badminton<br>Gymnastics<br>Tennis<br>Basketball<br>Dance | The key processes required and the skills to develop during Physical Education lessons in order to improve are: <ul style="list-style-type: none"> <li>• Developing skills in physical activity</li> <li>• Refine and adapt skills into techniques</li> <li>• Develop the range of skills used</li> <li>• Develop the precision, control and fluency of skills</li> </ul>  | The study of PE should include activities that cover at least four of the following: <ul style="list-style-type: none"> <li>• Outwitting Opponents, as in games activities</li> <li>• Accurate replication of actions, phrases and sequences, as in gymnastic activities</li> <li>• Exploring and communicating ideas, concepts and emotions, as in dance activities</li> <li>• Performing at maximum levels in relation to speed, height, distance, strength or accuracy, as in athletic activities</li> <li>• Identifying and solving problems to overcome challenges of an adventurous nature, as in Life Saving and Personal Survival in swimming and outdoor activities</li> <li>• Exercising safely and effectively to improve health and wellbeing, as in fitness and health activities</li> <li>• Build upon experiences in Year 8 and show evidence of skill transfer between the activities</li> <li>• Continued themes of Develop and Apply</li> <li>• Build knowledge of fitness components.</li> </ul> | GCSE PE Specification:<br><br><a href="http://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2009.html">http://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2009.html</a> |
| Autumn Half Term - 2 | Sports Leaders<br>Swimming<br>Football<br>Netball<br>Dance<br>Rugby<br>Trampoline                          | Making and Applying Decisions <ul style="list-style-type: none"> <li>• Select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts</li> <li>• Refine and adapt ideas and plans in response to changing circumstances</li> <li>• Plan and implement what needs practising to be more effective in performance</li> <li>• Recognise hazards and make decisions about how to control any risks</li> </ul> |   |   |
| Spring Half Term - 1 | Swimming<br>Football<br>Sports Leaders<br>Dance<br>Basketball<br>Hockey<br>Badminton                       | Developing Physical and Mental Capacity <ul style="list-style-type: none"> <li>• Developing physical strength, stamina, speed and flexibility to cope with the demands of different activities</li> <li>• Developing mental determination to succeed.</li> </ul>   |   |   |

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| <b>Spring Half Term - 2</b> | Sports Leaders<br>Fitness Testing<br>Volleyball<br>Swimming<br>Table Tennis<br>Trampoline<br>Basketball<br>Badminton<br>Gymnastics |
| <b>Summer Half Term - 1</b> | Softball<br>Rounders<br>Athletics  |
| <b>Summer Half Term - 2</b> | Cricket<br>Rounders<br>Athletics   |

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